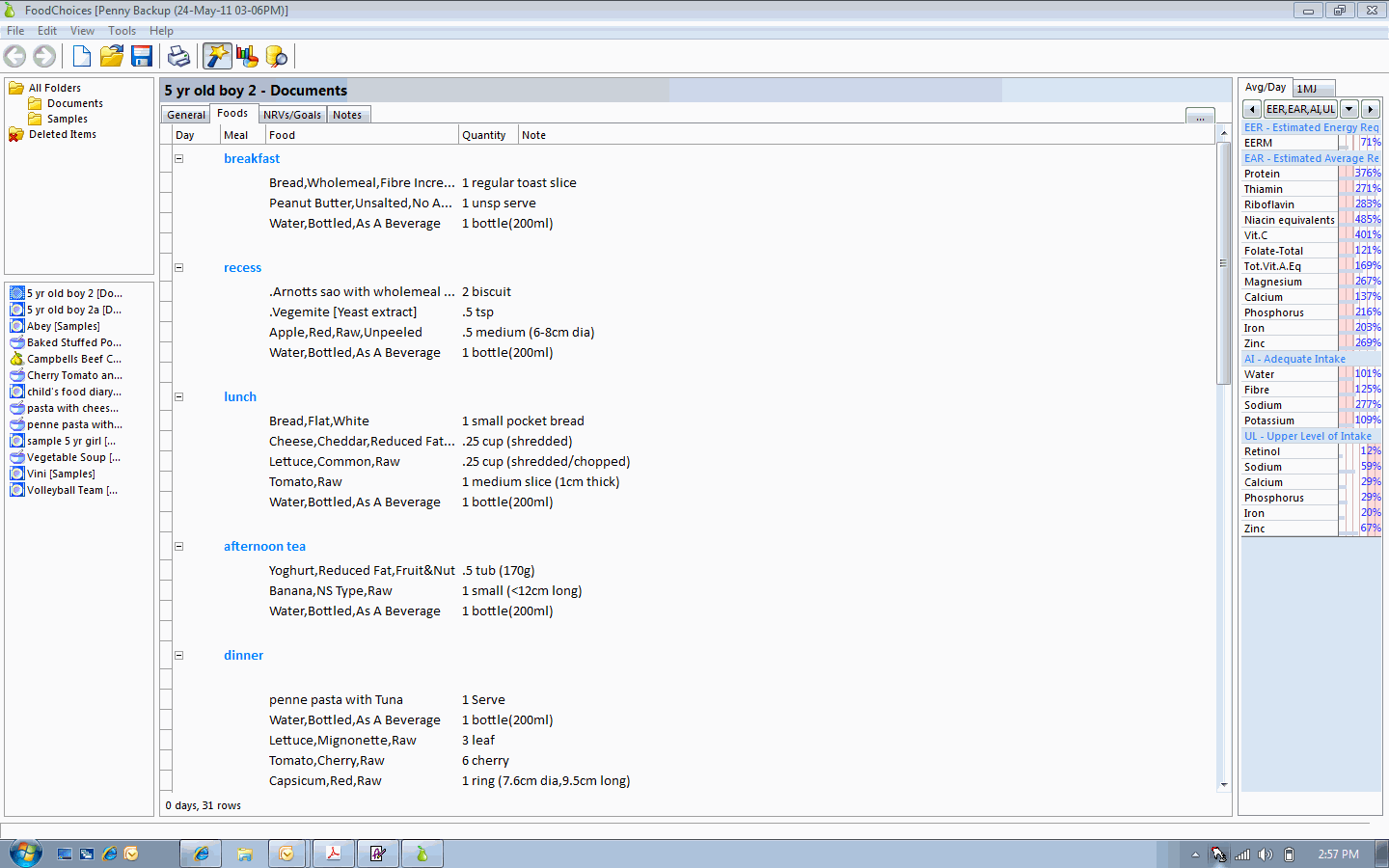
**Task 4 - Printing your food choices analysis**

You do not need to print your analysis on paper. Instead, you can print it as a PDF file and email it to me with your action plan and your evaluation.

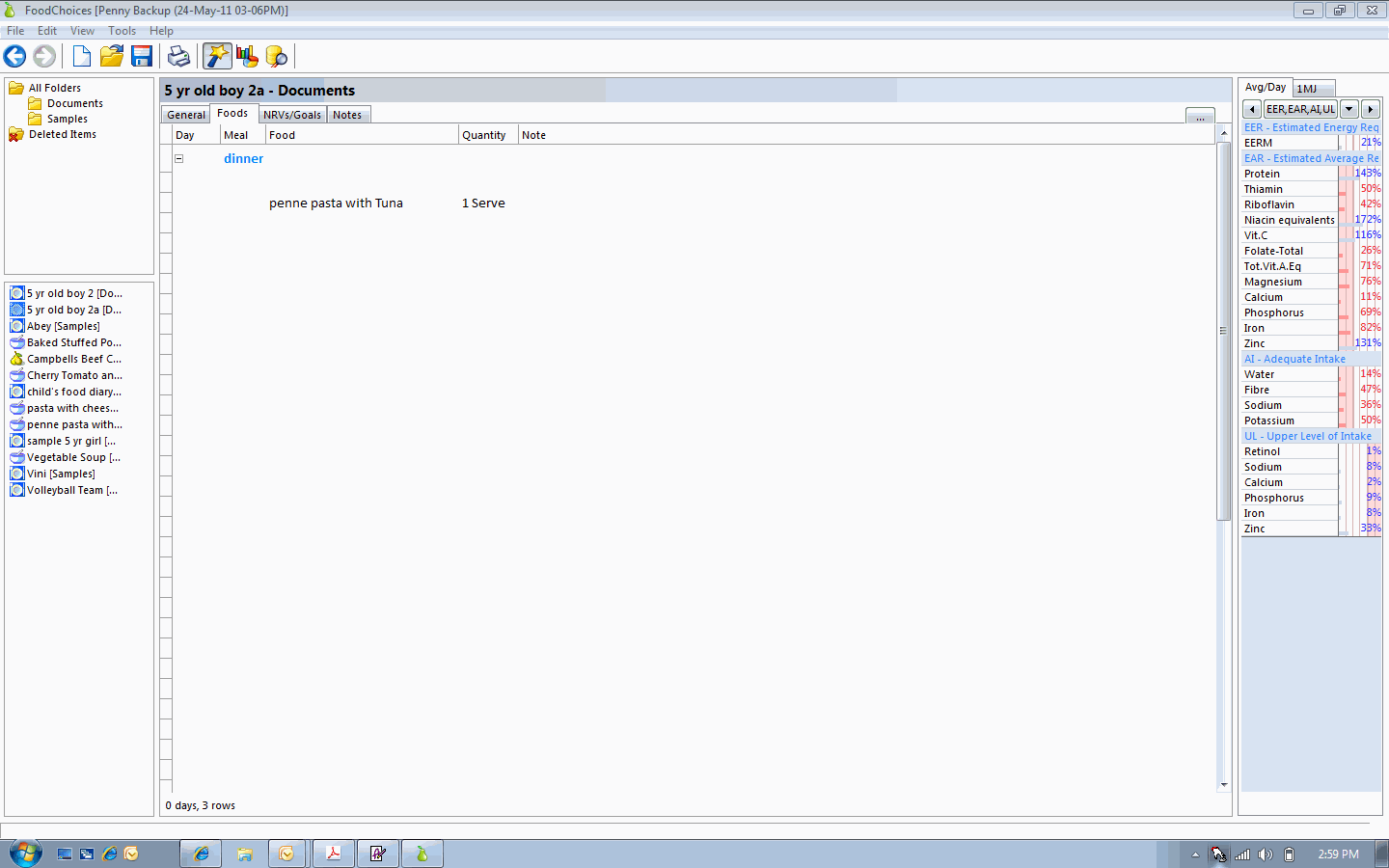
Here’s what you do.

1. You need two copies of the food diary – one with all of the foods and one with ONLY THE DINNER MEAL. (Do the whole diary, then ‘save as’ and change the name a bit eg

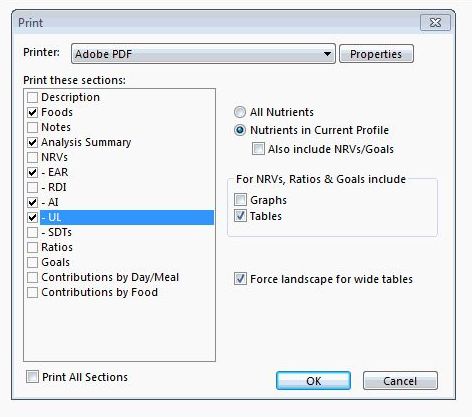
**‘5 yr old boy 2’**



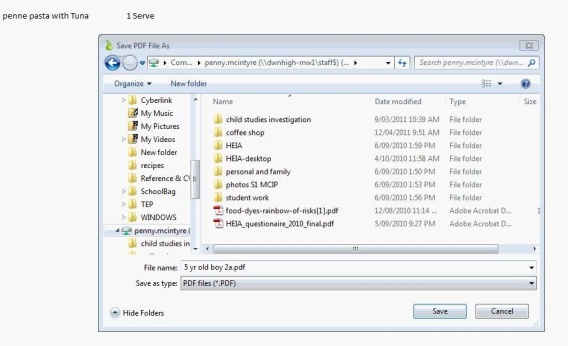
**‘5 yr old boy 2a’**



1. Choose print and tick ONLY the following boxes. Choose Adobe PDF from the drop down menu as the printer choice. **Do this for both food diaries**.



1. Save the PDF Files to your P drive, then email them as attachments to me.



This is what you need to email:

|  |  |
| --- | --- |
| 5 yr old boy2 analysis.gif | 5 yr old boy2a analysis.jpg |